

## FAITH IN 5

Lent: Week 1

Ages 8+

- 1. What is the season of Lent?** Lent is one of the Church's liturgical seasons! Liturgy means worship of God. During Lent, we remember Jesus' 40 days in the desert before his public ministry. We unite ourselves to Christ with prayer, fasting and almsgiving. Lent is a beautiful opportunity to grow closer to God. **What are ways you and your family can grow closer to God this season of Lent?** Making sacrifices like giving up a television show or dessert are common ideas of fasting and penance. **What is a penance?** A penance is an act or behavior to atone for our sins. Jesus paid the ultimate price for our sins! We can unite ourselves with him when we make small sacrifices! Sacrifices are little ways to put others first- like giving the last cookie to our brother or sister, not complaining about our chores or being extra helpful around the house. Another wonderful way to worship during this liturgical season is to add new or different prayers. Family Challenge! Try doing stations of the cross as a family on Fridays, or a decade of the rosary at the dinner table!
- 2. Why do you think it is important to spend time reading the bible during Lent?** The four gospels in the Bible each tell the story of Jesus' passion. You can hear or read all the details of Jesus' time in the desert- like how he was tempted, how he preached about Heaven, how He was persecuted, The Last Supper and His Crucifixion. **What does it mean to meditate on God's Word?** When we read over a passage from the Bible and take time to re-read, or talk to God about what we just read, we are meditating, or thinking, about God's word. This can make a bible story come alive for us! It can also help us practice hearing what God wants to say to us. Family Challenge! One evening this week, read the story of Jesus in the desert. Ask the Holy Spirit to be with you while you read. Talk about the passage as a family afterwards.
- 3. Ash Wednesday is this week! It is the day we are reminded of our mortality. What does mortality mean?** Mortality refers to our death-and that may sound like a strange thing to think about. Why would we want to? Because we were made for Heaven! To spend eternity in Heaven we must think of how we need to live our lives on earth to get there. We all sin and need to repent for our sins. Ash Wednesday is the special day of repentance and a call to prayer, fasting and almsgiving practices. Family Challenge! Go to Ash Wednesday mass together.
- 4. Do you know why God made you?** The catechism tells us we were created to show forth God's goodness and to share Eternal Happiness with Him in Heaven. **How can we show forth God's goodness?** God is Love. When we share God's love with those

around us they can experience God's goodness. What might that look like in your family? Helping your parents, being kind to a younger sibling, doing our chores with a cheerful attitude. The catechism tells us our purpose in life is to know, love and serve God here on Earth and then to be happy with Him forever in Heaven. **Why does our purpose matter?** If we don't have a purpose or goal in life, we may tend to only think or focus on ourselves- instead of Jesus! Family Challenge! Brainstorm ways to know, love and serve God this Lent.

5. **What is Virtue?** Virtue is the habit of doing good. The virtues are the keys to Heaven because they help us become more like Jesus. Have you heard of the three theological virtues? They are Faith, Hope and Love. They are given to us by the Holy Spirit! Over time we will learn about each of the virtues but Faith is our starting point. **What is Faith?** Faith is our firm belief in the word of God and the truths of His Church.

Activity Idea: [Burying the Alleluia tradition](#)

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